



**Get cooking!**  
CM center  
sups look  
for students.  
Page 3

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Winterize  
your car**  
It's time to start  
thinking about  
snow and slush.  
Page 7

MONDAY, NOVEMBER 2, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

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## FUNDRAISER ADDS A SPLASH OF COLOUR



**Paints on students, students**

Major (front left), a Conestoga College police foundations student, and African students (standing) celebrate gender on their faces on Oct. 31 during the Mellow Monday Colour Run at Conestoga College in support of Lifeline. For story and additional photos, see Page 8.

## Discounts galore after graduation

### College wants alumni to stay connected

BY ROSIE A. PIER

Be it a secret everyone likes getting discounts at Conestoga College, students you are on the look of receiving a multitude of discounts and services that every students don't even know exist. All you have to do to qualify is to graduate.

Once you officially become a Conestoga College alumnus you have access to over 50 different discounts on things like tobacco, airlines, credit cards, home and auto insurance and on-staple benefits (Bingo, available). Discounts include Hamilton Paper, Delta tickets, Wonderland, passport, Centre on the Square admission and Maple's Aquarium of Canada's passes. Some major affinity partners include Watson's, the North American film institute company and Margaret Bank of North America.

Don Toke, Conestoga College's chief development officer, said the college continues to build relationships with affinity partners and contin-



stant as the hopes that alumni will keep a relationship with the college as a way that will benefit both parties.

"It is our hope that alumni will stay connected with the college. Perhaps they can make a donation for an Alumni at Distribution or a Personal Award. Or as they go forward in their careers, consider supporting the institution in their situation alone."

However, despite the multitude of rewards and out by James Wilkinson and

most sent out to alumni by the affinity partners themselves, every former students will agree it was that these benefits are even available to them. Steve Major, a recent architecture project faculty management, graduate was surprised to hear of the benefits he was now able to receive and mentioned how these benefits could save a sense of redundancy amongst alumni.

"I was not aware of these advantages but it is a good idea as I feel Conestoga does look as alumni mean it truly compared to the major universities on the surrounding area, said Major. "I think it is a great resource for recent graduates who are possibly looking to travel and/or still need to live on a budget."

While used to receive these benefits, alumni want credit on account by register on online at [www.conestoga.com/alumni](http://www.conestoga.com/alumni) page. Once logged in, alumni can then see a full list of services available through the Office of Development and Alumni page.

## Get mellow on Mondays

BY MICHELLE MANNVILLE

**CONESTOGA STUDENTS INC.**

It can be hard to find time to relax on a weekend, so go mellow. And our parents don't need to be done for school but Conestoga Student Inc. has started a new event named as focusing on student wellness.

Jeff Decker, CSI president, said in previous years CSI held "The Yellow Ribbon" Project as their mental health awareness campaign but this year the board of directors decided they needed a new campaign.

"Our board felt that it was something we wanted to focus on for longer than just a week, said Decker.

That's how the idea of Mellow Mondays came to be.

"The goal of Mellow Mondays is each week to focus on a different type of student wellness and promote services for things that they can do to promote better wellness," he said.

"A lot of students deal with stress in different ways, so as a student association we like to just give them opportunities for other things that they can do to deal with stress."

Some of the past Mellow Monday events have included outdoor games, wellness messages and yoga lessons they haven't all been successful.

"We've had lots and more on, he said, adding that they didn't get a big turnout when they held the painted canvas walls but other events like the polo and some cooking were successful.

"Unfortunately, you can't predict that an event will going to be successful. You can't go back and change it to something else," Decker said.

Some things weren't as successful as we kind of just look at them and say "Well we just want to show again what else can be done in these places and the ones that we can't go back and change it to something else," Decker said.

John Damore, a first-year psychology/community services student, thought the activities were a good idea and provided something that the college doesn't have already.

"There's not much at the college to actually wind down and relax," Damore said.

However, he thought having it on another day might work a lot better.

"I think it'd be better in the middle of the week because on Monday everybody's just had the weekend," he said.

Having it in the middle of the week would be perfect. Lynn Roberts, White is a psychology College student, thought it was a positive event for students.

"I think any opportunity to engage students, breaking down the stigma of mental health, any kind of activity that is promoting wellness can't be a bad thing she said.

Roberts, White said it was also a good because students can go to events like these that are supporting mental health and maybe it was about the other resources that are available on campus.

"Students may think if students are promoting this year governments support it, it's an activity maybe there's something else that I can get for the wellness of my mental health," she said.

Having an Mellow Monday could be a good thing she said because sometimes over the weekend students get stressed from their friends or something bad could happen that students in my mind to get away from.

Some upcoming activities for Mellow Mondays include polo and yoga workshops. Logo and Conestoga students in a dress code and some food and snacks provided. Students can find exact dates on [www.conestoga.com](http://www.conestoga.com) or on posters hung around the school.

CSI is already looking ahead and planning Mellow Mondays for next semester.

# Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the best piece of advice you've ever heard?



"What are you ever going to know if you don't give it a try?"

**Luke Stevens,**  
first year  
business administration  
marketing

"Learn to strength up off everything happens for a reason"

**Christina Williams,**  
first year  
business foundation



"Stay connected with your work and with things else that you're doing, keep step on top of your game"

**Andrew Peltak,**  
first year  
business foundation

"Be your own influence. Don't let other people's opinion overpower you"

**Jesse Pearson,**  
first year  
psychology



"It's vital to everyone you meet, everyone's going through something."

**Marshall Perreault,**  
first year  
health office administration

"By the time you say, 'I probably can't master it'."

**Alan Bennett,**  
first year  
computer and  
information technology



Dear Conestoga, you couldn't deliver responses!

## FILIBERT CARTOONS



by L. A. Brown



by L. A. Brown and some others in a different cartoon area

# Tips and tricks to stay motivated

## BY KATHLEEN GALLAGHER

If only there were more hours in a day.

People find it hard to fit everything into their schedules such as work, projects, sleep and time to do the first thing to go to exercise. Dave Harvey, faculty member in the Health and Health Promotion program, is proud that these things prevent people from getting a good workout in.

"Often the thought process goes like this: 'I want to exercise but I also want to get a jump-start on my research project. He said."

Harvey understands school full-time students' problems that to change they may have gone to the gym every day before but now their projects are taking over their time. Harvey explains to the students that they need to get their mind and to be focused in the long run. It can help improve your posture and that, and is proven to help prevent diseases according to the Health Discovery website: [www.healthdiscovery.net](http://www.healthdiscovery.net).

"Recognize that any kind of activity is better than no activity," said Harvey. "The greatest improvements are found when you go from no exercise to some exercise. Even if you do not feel like doing an exercise workout, a short walk is far better than nothing."

He suggested you track your workouts and the amount you get with a calendar or by using an app. This can help track any improvements you are making even if it's just a small one. Doing your own workouts can also help boost your confidence and your mood.

When asked if he had any tips for people to stay motivated to work out, Harvey said a natural part of the process is changing your mind on how wanting to hang out with friends to wanting to exercise regularly.

"Some days it will be really important to you and other days it won't be. Recognize your motivation to vary. You can plan for days when your



PHOTO BY KATHLEEN GALLAGHER

The gym at Conestoga College's Health and Health Promotion program has a variety of equipment and students use many different types of equipment.

motivations are low. Recognize to overcome the ways to stop the workout session is necessary."

Ryan Bennett, a second year student in police foundation, said he definitely loses motivation some days. But other days he'll have a lot of energy. "I just try to picture what I want my body to look like and what I want my health to be like in the long run," he said. "Thinking out and making goals can help better about myself. But when I want to take a break from it, I will."

Another great way to stay motivated is going to classes. Harvey said you'll learn new exercises and be social at the same time. But he said going to a gym can be intimidating and you're taking away the everything instead of focusing on your exercise.

"Time is required to get to the gym, change in and out of clothing, shower and so on. Plus, many a gym has lost options at some time or another."

He said people need to ask themselves questions instead of trying to change between going to a gym or staying at home.

"I recommend having some online updates for exercise on the question because 'What type

of exercise am I going to do today?' rather than 'Is it time to go to the gym today?'"

Even just a five-minute workout, every day, can be sufficient but being consistent is very important, according to the Health Discovery website and starting again can cause injuries and a lot of unwanted stress on your muscles and tendons. Working is important too as it increases flexibility and prevents and keeps up your body for the next season.

People need to remember that workouts can be fun. But Harvey said the most important factor for the fitness fun is including others.

"This might seem a little bit silly, but it's a really good idea to go to the gym with a friend or a group of friends. It's a really good idea to go to the gym with a friend or a group of friends. It's a really good idea to go to the gym with a friend or a group of friends."

The Health Discovery website states finding a friend or a group of friends can help get people on the road as well as having some fun during that workout on the day.

Harvey said the best way to keep your mind off of how long you're working out or when you think your body should look like, such as a movie or a friend.

Harvey said the best way to keep your mind off of how long you're working out or when you think your body should look like, such as a movie or a friend.







# Showing one's true colours

## Students participate in fundraiser for mental health

BY CHRISTIE ALLEN

Green- and yellow-coloured powders were the colourful part of a cold, rainy morning when Gordon came out to run and walk for mental health.

On Oct. 24, Gordon's students for both a full-time mental health class and a walk-to raise money in support of Lutherswood.

Lutherswood is a nonprofit of health and social services organization in Waterloo that provides mental health employment, housing and family support services to people in Waterloo Region and Wellington County.

The mental health services include social skills training for youth with autism, family counselling, short-term crisis stabilization, and more. An alternative to living on the street and without food services, Lutherswood is located at 385 Benjamin St. in Waterloo.

The show was grey and it was raining heavily when students came out with their families and friends to show support and try to have a good day while making money they would donate to Lutherswood.

"We brought us here and I think it's a really good idea," said a student who stood next to the friend who started her. "The day, I love it."

The morning started with a special presentation in the library on transitioning from one program to the next. It was a good opportunity for the students to see how the program was run. A few people were in tears and everyone was motivated to be involved in the program.

Before running or walking, students had fun doing a little bit of colour with cups of coloured powder to put in the cup of the day.

"It's for a good cause. Why not?" said Beth Schneider, a health science student.

Colour runners and walkers happily made it to the finish line in all their colourful glory. Speed was not the goal of the day; making sure the coloured powder didn't get in your eyes was.

A few hours were provided after the run.

Approximately 30 people participated in raising \$1,400 for Lutherswood.



PHOTO BY CHRISTIE ALLEN

Beth Schneider, left, a Gordon's health science student, and Beth Schneider, right, a Gordon's health science student, participate in the Mental Health-Colour Run or Walk on Oct. 24.



Danica Palma (left to right), Rachel Avel and Sarah O'Neil throw coloured powder in the air during the event that was held by CSD.



Students participate in the Mental Health-Colour Run or Walk on Oct. 24, wearing green and yellow powder in support of Lutherswood's mental health services.



PHOTO BY BRIAN STEINER

A group gathers with psychic Heidi, Home Station House and Gallery's founder and owner, to do a psychic (read from left) table reading about their own lives at the gallery.

## Local gallery hosts psychic soiree

BY BRIAN STEINER

Whether you set a bet on a single psychic or a whole psychic as an experience, you could do just that at the Home Station House and Gallery's 10th annual Psychic Soiree event on Oct. 24.

The sold-out fundraiser provided comfortable seating for attendees for people to do readings with the psychics on attendance across the gallery sharing their experiences and sharing the displays. Proceeds went to planning and programming for the gallery.

In 10 years, attendees pay their money and see shows, watch live events and socialize, having seen crystal balls. These were not part of the event. The Home Station House psychic event was set at a small round table in all corners of the room, dressed casually, wearing their own hats who had introduced it to the community.

Cynthia, one of the psychics, said her family is psychic something she's known her whole life. Only 14 years old, she has only been reading other people for about five years. However, she has always seen things but wasn't always as accurate as her gift. "One I felt about (age) 12 or 13 I understood it more," she said.

Larry James, who attended the event, said his reading went really well. "She told me some things that were very accurate about my father and my two sons, particularly my younger son, and that was very accurate, being a bit of a skeptic, but she said she's a little bit more of a believer

after the session.

Heidi was also present during the event, telling the history and stories of the Home Station House, which they believe spirits at the Watson family still visit.

According to the staff, there have been sightings of not only Watson's famous German punker, but also his sister, Heidi. People have reported seeing a woman dressed in business clothing as well as a man wearing a suspension with a long beard resembling both Phineas and Homer Watson.

Heidi's full director of marketing and public programs at the gallery described an experience she had "I just went in, my I am the biggest skeptic here," she said before beginning her story. She had been sitting at an interview with a business student before an event much like this one. The lights turned off and she could see a woman in old-fashioned clothes including a hat and a veil sitting at her. "And then I realized she was Phineas! I'm the biggest skeptic and didn't think I'd see anything. After speaking with her, I stopped and looking at some photographs it is believed that the woman she saw had been Phineas Watson's sister."

Although no photographs were reported on the night of the event, one woman did say that her hair in a reading had been interrupted. The psychic also was speaking with Heidi but he could not read her because there was a little bit of interference from her interrupting him. When she looked in one could be seen

## Winterize your car

BY MARK LINDHART

The winter season is your vehicle's worst enemy, especially if it's your first winter.

There are some steps you should take before the first snowfall if you want to keep your vehicle in good condition all winter long.

There are some important parts that you must pay for this winter to reduce the chance of breaking down and ensuring you and your vehicle can safely turn on slippery roads.

There have been probably the first three people that of whom it comes to preparing for winter driving, and then it's a problem in the winter prep program at Conestoga College. "Once the temperature has dropped below 0°C consistently, it's time to put on your snow tires."

Make sure that they are suitable for use in colder weather and low traction conditions like snow and ice. If they aren't, purchase a good set of winter tires because they are worth the extra cost.

Checking your fluids and changing your oil is necessary before the snow hits as part as an expense. "Winterized" means that it's often not just a word. There are winter fluids which will keep around 0°C without freezing. When it comes to the quality of winter fluid, it's well worth spending the extra money on a better brand.

Winter fluids are also an important part when driving in snowy conditions. With all of the heating car manufacturers take it's important that we change them at least seasonally because the winter season is rough on them and they can wear out more quickly.



PHOTO BY MARK LINDHART

It's crucial that you prepare your vehicle for the winter of 2012-2013. There are some components that you must change if you need.

Also, you must work in and up yourself due to a dead battery. Consulting a quick test can determine your battery's charge, confirming that you'll be able to start your vehicle in the cold. Most hardware stores offer a maintenance check that can be performed while your vehicle is in storage.

"The best way to ensure any type of annual service, but you'll want to make sure the working properly before the long freeze comes," said Neil. The winter season, the best way to ensure the most important and is usually part of a general safety inspection. Also, most temperature gauges should be running at the best way to make sure your vehicle will be ready to go.

Motorcycles and other power sports vehicles in need to be winterized as well, and there are a few things riders should complete before winter. Some important procedures include changing the engine oil which should only be done by professionals, adding a fuel stabilizer

to protect the fuel system and changing the oil.

"The amount of metal surfaces including internal engine components can be measured by using dipping oil," said Matt Lowry, an instructor at the motorcycle and power-sports vehicle program at Conestoga College. "Dipping oil and WOT-40 are ideal products for protection, and will ensure you have the life of rubber components including tires."

Once spring rolls around, you should have the vehicle inspected for any wear and tear that's occurred over the winter. Then, you will have your maintenance in good order for the summer months and Jeff Oates, program co-ordinator of the motorcycle and power-sports program at Conestoga College, "We don't forget, in summer, your winter tires, the winter tires don't last long on dry pavement."

There will be a lot of winterizing your vehicle, but it's worth it. Look for a winter package that includes a winter inspection.

## CONESTOGA COURTS FUTURE STUDENTS

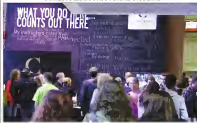


PHOTO BY BRIAN STEINER

Prospective Conestoga students gathered at Conestoga College for the student fair that was held on Oct. 25. For more story go to [www.speakersline.com](http://www.speakersline.com)



Joe  
Wagner  
Opinion  
Editor

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# **HOROSCOPE** Mark of November 2, 2004



**Aries**  
March 21 – April 19



**Libra**  
September 22 – October 22

**Aries** making any large purchases. The price is not right – at least not at the moment.

**Libra** upen up. You don't need to reach alone. Enjoy a good laugh with a good friend.



**Taurus**  
April 20 – May 20



**Scorpio**  
October 23 – November 21

**Taurus** don't forget to take a good long walk from time to time to enjoy the scenery. The full moon won't last forever.

**Scorpio** As your love of the year. You know you enjoy this kind of weather more than anyone else in the world at 0.



**Gemini**  
May 21 – June 21



**Sagittarius**  
November 21 – December 21

**Gemini** Show your friends how much they are appreciated and don't be afraid to make new ones. Strike up a conversation with a stranger – you might just hit it off.

**Sagittarius** There's enough time for play. You have to take the ball by the horns and not pass it to work – no more putting it off. An idea you've had up in your head.



**Cancer**  
June 21 – July 21



**Capricorn**  
December 21 – January 19

**Cancer** Take some quiet time to relax. You may not be able to do so again for a while.

**Capricorn** You know well that life does have its ups and downs. You enjoy working hard to achieve your goals and are doing the work that makes you happy.



**Leo**  
July 21 – August 21



**Aquarius**  
January 20 – February 19

**Leo** You are a lot of a workaholic, but everyone needs some time to appreciate what is going on around them. Don't forget this.

**Aquarius** Don't travel for a while when they close to your friends and family and enjoy that great sense of humor you have.



**Virgo**  
August 22 – September 22



**Pisces**  
February 19 – March 20

**Virgo** There are many people out there with the same concerns as you. Talk them and and solve them together.

**Pisces** Your days are busy with shopping and working, but take some moments of downtime for you and your thoughts. Don't let things up.



Go forth and make all of these things happen. It is written in the stars.



**Useless Facts**

Male bulls will try to attract and partner with other females.

Your heart beats over 100,000 times a day.

A duck's quack doesn't echo and no one knows why.

Americans are responsible for about 1/3 of the world's garbage annually.

In Utah, it is illegal to drink in front of a hotel pool.

There are no clocks in Las Vegas gambling casinos.

## **Sudoku Puzzle**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 5 |   | 9 |   | 3 | 1 | 8 |   |
|   | 6 |   |   |   |   | 4 |   |   |
|   |   | 2 |   | 8 | 5 |   | 6 |   |
|   | 3 | 9 | 6 |   |   | 7 |   | 1 |
|   |   | 1 |   | 7 |   | 8 |   |   |
| 5 | 7 |   |   | 1 | 6 | 3 |   |   |
|   | 2 | 6 | 5 |   |   | 9 | 7 |   |
|   |   | 8 |   |   |   |   |   |   |
| 9 |   |   | 8 | 7 | 6 |   | 1 | 3 |

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box contains the digits 1-9 without repeating any.

## **Word Search** **Green Eggs and Ham**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | B | T | N | J | O | G | M | A | H | O | G | Y | J | T | C | HAM<br>AM<br>HAM<br>THERE<br>ANYWHERE<br>HOUSE<br>MOUSE<br>BOX<br>BOX<br>WOULD<br>COULD<br>SEE<br>TREE<br>BE<br>TRAIN<br>RAIN<br>BOAT<br>BOAT<br>SEE<br>SAY |
| V | N | Q | M | A | F | N | P | Q | M | R | C | E | M | D | S |   |
| U | X | S | A | A | W | I | U | W | E | L | R | L | I | L | O |   |
| M | Y | I | H | O | H | S | K | T | Y | V | F | O | Z | E | N |   |
| S | I | S | X | T | E | I | A | T | T | T | S | O | Q | O | A |   |
| P | M | B | G | O | S | O | T | N | N | I | A | R | T | X | N |   |
| E | J | A | J | H | B | O | C | I | C | Y | E | M | K | J | Y |   |
| K | F | W | P | X | O | A | W | G | S | W | R | B | U | E |   |   |
| L | Z | Z | E | U | R | G | Z | U | A | U | H | Y | O | M | O |   |
| O | B | E | L | T | T | F | Q | X | Y | J | S | E | E | Z | K |   |
| S | X | D | X | U | B | M | O | X | K | K | N | W | R | T | L |   |
| G | J | W | O | U | L | D | A | B | L | S | T | R | E | E | L |   |
| E | Y | G | T | O | J | I | Z | S | E | J | K | O | S | K | F |   |
| P | E | S | Y | G | V | J | G | I | W | U | E | I | H | E | O |   |
| A | E | E | S | P | S | V | H | S | L | I | N | S | P | O | E |   |
| T | A | Q | G | Y | D | N | R | K | M | M | T | H | E | R | E |   |



# Studying abroad a life-changer

## Extensive planning the key to success

BY SARINA KHANNA

Students might not be aware that they can go to school in a different country and get credit for their Canadian courses. But there are things they should consider first.

Some of the top things are expenses and which country to go to. A lot of research is required.

If a student decides to study abroad, he or she should know it is going to be more expensive. Additional health insurance will be needed, and tuition will be higher because Canadian students will be considered international students. In Canada, post-secondary tuition for Canadians is lower because it is subsidized by both the provincial and federal governments. However, post-secondary tuition in high or medium income countries should not go there as other things to consider.

Some of our programs you can study may be a full 12 months in Australia, for a degree and the alternative in Canada might be you study three years, and Two Crankbush, located at the University of Western Australia. Even though that tuition

in Australia is really expensive at the end of the day because you're studying for less time it may come out to be the same amount of money.

Students can get help from various organizations when applying to international schools, trying to find living arrangements and filling out paperwork for visas.

**44 No matter where you go you are going to learn a lot about yourself and what your strengths are ??**

— Two Crankbush

"It's more for the experience than the actual study, one and Abby Schlupp, a first-year media, found some students who asked that she had some friends who studied abroad last year.

The countries that are most popular are Germany, Australia and England. Students from business and graphic design programs are often the ones



PHOTO BY SARINA KHANNA

Two Crankbush, a career advisor at the Career Hub, likes to see students in a brochure about studying in Australia in Queensland, Australia, that provides information about studying abroad.

interested to go overseas.

"No matter where you go, you are going to learn a lot about yourself and what your strengths are. It shows a lot

about yourself and you're really more independent, you can think for yourself and you're adaptable," said Crankbush.

"When you go to a job later if you can adapt to a whole new country then you could probably adapt well to a new peer culture."

## A WALK IN THE GARDEN



PHOTO BY AMBER HENRY

Community residents enjoy a crisp fall morning in the Campbell's Sculpture Garden where visitors appreciate 10 sculptures. Some of them are related to local events from months. For more story go to [www.campbellsculpture.com](http://www.campbellsculpture.com)

## 'DRINK SMART' AND ARRIVE HOME ALIVE



PHOTO BY SARINA KHANNA

Students spend time (being advised that there are between 1,000 and 1,500 reported related cases during at Canada's history). Above: Roberts, Kates and Irene Ozer, two second-year students, and a visiting community student, present OneSmart, an online plan that brings awareness to the dangers of drunk driving. For more story go to [www.spcampus.com](http://www.spcampus.com)